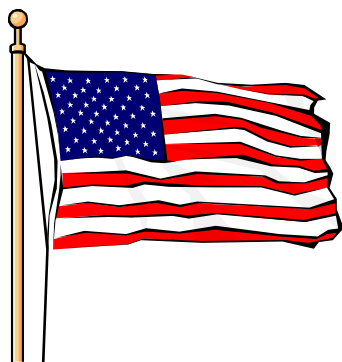


# Diabetic Newsletter

July 13, 2009

## July Support Group



*Freedom don't come  
Free...*

*A **BIG THANKS** to all the  
men and women in the  
military and to our veterans.*

Support groups for July will be held in Gunnison and Monroe this month. Both support groups will focus on Understanding Diabetes related tests. Hopefully this will help you better understand what the tests are really showing, and how you can improve your numbers. There are also new tests available that can show valuable information. The care of Diabetes is constantly changing. It's important to know as much about it as possible. Remember – YOU are in the drivers seat in your own care. Everyone is invited to these classes, and they are FREE of charge. I hope to see you there.

### Gunnison Support Group

July 21, 2009 at 3:00 - 4:00 pm

Gunnison Valley Homecare

45 East 100 North Gunnison

### Monroe Support Group

July 28, 2009 at 11:00am - 12:00 pm

South Sevier Senior Citizens Center

140 West 100 South Monroe

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## Diabetic Open House was a Big Success

The Diabetic Open House turned out great!!! I appreciate your participation and support. I think this is something we should make an annual event. I would love your input on this.

If anyone received a bill from Gunnison Hospital for the labs that were drawn at the Open House – Just ignore the bill... It was just a mistake and you shouldn't receive anymore. Sorry about the inconvenience.

## Glucose Levels Affect Cognition in Diabetics

As glucose levels rise, cognitive function declines in patients who have type 2 diabetes and other cardiovascular risk factors, according to a report in the January issue of Diabetes Care.

This is not the first study to link diabetes with cognitive decline and dementia, the authors explain, but the extent to which high blood sugar (hyperglycemia) impacts cognition was unclear.

The researchers addressed this topic by analyzing data from the Memory in Diabetes substudy of the Action to Control Cardiovascular Risk in Diabetes (ACCORD-MIND) trial. Included were 2,977 subjects with type 2 diabetes who had their blood sugar levels estimated using fasting glucose levels and Hemoglobin A1C tests.

Hemoglobin A1C (HbA1C), also known as glycosolated hemoglobin, is a blood test to determine glycemic control. Glycated hemoglobin is a substance in red blood cells formed when blood sugar attaches to hemoglobin. The test also provides a good estimate of the patient's average blood glucose level over the past 2 to 3 months.

The participants also completed four cognitive function tests: Digit Symbol Substitution Test (DSST); Mini Mental Status Examination (MMSE); Rey Auditory Verbal Learning Test, and the Stroop Test.

As glycemic control worsened, so did the scores on all four tests. An increase of 1 percent in HbA1C levels associated with a 1.75-point drop in the DSST score, 0.20-point decline in the MMSE, a 0.11-point decrease in the memory score, and worse results on the Stroop Test. All these declines were statistically significant.

By contrast, fasting plasma glucose levels did not correlate with performance on any of the tests, the report shows.

“This cross-sectional analysis illustrates that **chronic hyperglycemia appears to be independently associated with cognitive function in individuals with diabetes**. It also raises the hypotheses that strategies to lower HbA1C levels or prevent their rise may favorably affect cognitive function,” the research team concludes.

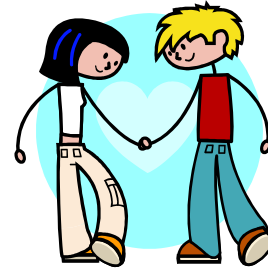


It's time to get smart... Get your A1C level down.

## Seven Steps to Healthy Living

Here are seven simple steps you can take to achieve a healthier lifestyle for you and your family.

1. Turn on your favorite music and DANCE!! Dancing is a great workout. You can also use a treadmill or stationary bike.
2. Make a list of what you need prior to going grocery shopping.
3. Make sure you eat a snack before going to the grocery store; this helps you so that you don't end up buying items that you don't need or give into "unhealthy cravings."
4. Choose calorie-free "diet drinks instead of regular sodas, fruit punch, and sweet tea. Be sure to drink lots of water during the day, this keeps you hydrated and is the healthiest choice.



*Take the time to dance!!!*

5. When you have diabetes, it's very important to get good medical care. You should be receiving your diabetes care from a team. Your diabetes care team may include a dietician, a certified diabetes educator, eye and foot doctors, any other specialists you would like, and of course-- The Team Captain... **YOU !!!**
6. How often you visit your health care provider depends on many things but you should make a visit at least four times a year.
7. Make a list of questions prior to visiting your health care provider. Inform him or her of any changes to your diabetes management plan and any new medications you are taking. Ask about the symptoms of complications; mention any illnesses you've had since your last visit and do an A1C test, which measure your blood glucose for the past 2-3 months.

## Tip of the Month...

**Question:** Why is my blood glucose still high this evening when my low blood glucose occurred early this morning?

**Answer:** Your body reacts to low blood glucoses by secreting several hormones, including growth hormone and cortisol. These hormones may not act immediately, but after several hours, they will raise your blood glucose. Their activity may last up to 24 hours, so you may then have to take additional insulin to keep your blood glucose from going too high. This rebound effect is one reason why you want to avoid very low blood glucoses. Another reason for the high blood glucose may be that you ate too much when you tried to treat the low blood glucose reaction.

